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INNOVATIVE TECHNOLOGIES IN THE PROCESS OF FORMATION OF WILL QUALITIES

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Annotation: The article discusses the methods of using innovative technologies in the process of forming the volitional qualities of schoolchildren in the lessons of physical education and extracurricular activities in secondary schools. The types of innovative technologies, methods of their application in physical education lessons are presented.

Key words: formation, schoolchildren, physical education, innovative technologies, volitional qualities.

Introduction. Physical education plays an important role in the development of our modern society, ensures the formation of society and is an integral part of the general culture. Its basis is to allow society to choose its own path towards a positive attitude towards physical activity [1, 2, 3].

The analysis of scientific literature shows that the development and improvement of new pedagogical technologies in teaching physical education is a very important factor in increasing the level of physical activity of schoolchildren [4].

"Will" is the implementation by a person of purposeful actions, expressed in the ability to consciously regulate one's behavior and overcome external and internal resistance [5, 6, 7].

The concept of "will" is associated with motives and thinking, and its function is determined by the conscious self-regulation of behavior in a given context. In the psychological context, signs of volitional behavior are revealed, suggesting volitional regulation, which is emphasized by comparison with involuntary behavior, namely:

- conscious self-control;
- expediency of actions;
- behavior when making decisions;
- conscious choice of motives of behavior;
- the use of internal efforts to achieve it, overcome difficulties and obstacles [8, 9, 10, 11].

If there are sufficient conditions for each of the above characteristics, human behavior can be called volitional.

Volitional qualities in persons exposed to pedagogical influence in the educational process predetermine volitional behavior. D. Y. Turdimuradov defines volitional qualities as “a relatively constant, independent of a given situation quality that forms the mental layer of a stable person.” The main qualities of the will include purposefulness, initiative, perseverance, self-control, endurance, independence, organization, efficiency, courage [12, 13, 14, 15, 16].

The development of new pedagogical technologies of physical education plays an important role in the formation and development of not only physical, but also volitional qualities of schoolchildren in

the classroom and extracurricular activities, showing them such qualities as patience, perseverance, endurance, perseverance.

The solution to this problem should be achieved over time through the improvement of new innovative pedagogical technologies used in teaching physical education. However, due to the insufficient material and technical base of many educational institutions, the promotion and improvement of new innovative methods in teaching physical education is one of the most important tasks of our time [17, 18, 19].

Accordingly, the means of physical education that form the volitional qualities of a person include physical exercises, since they involve the activation of volitional resources. They influence the formation of personal qualities in such a way that in the process of training a person overcomes various difficulties, purposefully controls his emotions, develops volitional qualities in himself. For example, for students, most of the physical activity in school is part of the curriculum. However, in many cases, the actions of students determine the actions and attitudes of others, which is especially pronounced in sports activities. The ability to control and restrain oneself involves entering the consciousness of the team and moving along with the team during competitions or physical exercises [20].

The author offers the following modern innovative technologies:

1. Multimedia technologies related to the creation of multimedia products: e-books, encyclopedias, computer films, databases. These products include text, graphics, audio, video, animation, and are certainly not a substitute for doing any of the exercises live, but creating custom presentations, sports films, and computer simulations will help students visualize and perform other exercises correctly and without harm. health, to form the right approach to lifestyle.

2. Integrated technology is a relatively new type of innovative technology in which the teacher clearly defines the knowledge, concepts, ideas, and skills that students need to learn, and then uses an interdisciplinary approach to help them direct their activities towards achieving these goals. At the same time, the student develops volitional qualities when performing exercises under somewhat more difficult conditions.

3. Game learning technology is the organization of the educational process in such a way that the teacher involves students in learning activities in the learning process. The method of these innovative technologies can be reflected in the organization of physical education classes. In addition to using mass sports games, the teacher should develop a series of unusual outdoor games that take into account the individual characteristics of each student.

4. Group technologies are widely used in the educational process. The technology of group training involves the organization of physical education classes, in which the development of certain exercises is carried out in groups between students in the process of demonstration and communication. The group most often consists of three or more students and can be homogeneous and diverse, mobile or continuous in the nature of pedagogical activity. In a physical education lesson, the teacher divides students into groups depending on their level of physical fitness. Each member of the group is tasked with learning the appropriate physical exercises and teaching hard-to-master students to perform the exercises.

5. The technology of individualization of the educational process is a special kind of innovative technologies that can be used in the field of physical education. This is a type of organization of the educational process, in which the choice of pedagogical means and the pace of learning takes into account the individual characteristics of students, the level of development of their abilities and skills. Its main goal is to ensure that students receive the most effective knowledge in the existing education system.

Conclusion. In a word, every innovative method that can be applied in physical education and mentioned above has the right to be widely used. While some methods have been useful to teachers

and students, others have not gained wide popularity due to their complexity. Therefore, the main goal of research in this area is to study all the components of innovative methods and determine their place in the system of physical education and sports. The development of new methods of innovative technologies related to pedagogical technologies, which will significantly improve the modern education system, is another important step in the development of education in our country.

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